



Training Course

“swim against the current”

07.04. - 14.04.2024



Austria, Klaffer

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= dead erasmus+



Klaffer (Mühl-fun-viertel)

Klaffer is situated in the province of Upper Austria. The community has about 1.350 inhabitants and covers an area of 28 km². If you'd like to be inspired from nature, Klaffer is the right place. ;-)

The venue, which is called "Mühl-fun-viertel" is not only a house for children and families, but also a popular conference centre for education and for diversity. What began with training for teachers of children and youth groups has developed into a great and highly demanded seminar alternative for schools, companies, associations and apprentices.

The Mühl-fun-viertel is working with professional trainers training schedule can be created tailored especially to all of your requirements. In total there are about 160 beds in various room configurations. There also are areas for tent-camps or camping. Sports enthusiasts will find a football field, a volleyball court, rolling hills and steep trails for mountain biking. The participants will sleep in rooms with bunk beds, male and female participants are in separate rooms. It's possible that in one room there are more than one nationalities. There will be 3 meals: breakfast, lunch and dinner + coffee breaks; All meals are planned beforehand taking in consideration some individual requirements (diseases, diets etc.) These should be given beforehand to the organizers. There is an Internet connection (WI-FI), the login data you'll get from the trainer. Please notice, that the house is offside and the internet might not always work fast. There are no shops near by.

www.muehlfunviertel.at





Description of the project

Alarming statistics from the World Health Organization highlight a distressing reality: the annual suicide rate surpasses the number of deaths caused by road accidents, with 90% of these suicides stemming from mental health issues. Studies reveal that approximately 50% of adult mental health disorders originate during adolescence. This underlines the urgency of equipping youth workers with effective methodologies to enhance the emotional intelligence of young people. Nurturing Emotional Intelligence (EI) equips individuals to effectively manage challenges and adapt to changing circumstances. Many scientific evidences underscore the significance of Emotional Intelligence (EI) in empowering both young individuals and their communities. EI is closely linked to qualities such as resilience, self-awareness, empathy, and mutual support. In the context of today's circumstances, EI is increasingly valuable not only for educators, social workers, and community members but for everyone. Its foundation lies in recognizing, comprehending, and regulating one's own emotional reactions in a thoughtful and intelligent manner. It's also about understanding the ripple effect of these emotions on others' behaviors and responses. To effectively manage these reactions, a critical step is acknowledging our own emotional state, naming it, understanding its influence on our behavioral tendencies, and then consciously adapting and transforming these patterns.

Youth workers collectively require the cultivation of Emotional Intelligence. This includes self-discovery, recognizing needs and limitations, and enhancing resilience to prevent compassion fatigue and burnout. Such development enhances their work quality, improving the relationship with their youth and bringing better results. Not only the data are driving us, but also a direct observation of the mental health situation between colleagues and local youth from our organisations, and the following concern, motivated us to design this project, based on a really felt need.

With this Training Course we want to offer a path for youth workers mental health and wellbeing and for that of the youth they work with, discovering and empowering their Emotional Intelligence.. We will work following the pillars of non formal education, using elements taken from different fields: psychology, creativity, art therapy.



Our specific objectives:

1. Empower Youth workers with powerful tools for self-discovery, empathy, self-care, emotional management, self-awareness - for themselves and for the youth they work with;
2. Develop acceptance and non-judgemental approach towards our own emotions, learning how to recognise, manage and regulate these ("Emotional agility");
3. Get awareness of the disfunctional emotional patterns (irrational beliefs, negative self-talk,..) we still use as from childhood and get the chance to change these into functional ones;
4. Learning to embrace vulnerability through compassion and connecting with our trustworthiness and authenticity;
5. Improve the quality of youth work by providing participants with space to reflect on their role as emotional support for young people and to reflect on their own experiences with crisis and resilience;
6. Strengthen participants and organizational competencies in international youth work and cooperation;
7. Enhancing non-formal education methods and promoting recognition of NFE learning (small website).



Short Overview

- **Working language:** English
- **Date:** 07.04. – 14.04.2024
- **Venue:** Vorderanger 16, 4163 Klaffer, Austria
- **8 Countries:** Romania, Greece, Spain, Bulgaria, Italy, Portugal, Estonia and Austria
- **Participants:** 3 participants from each country
 - Age: +18 years old
 - Good English communication skills
 - have good communication skills
 - People who are highly interested in politics and issues of the EU
 - have a proactive attitude in a multi-national environment
 - Participants are willing to make dissemination activities and share the result of the training course after it ends

We planned the project on motivated participants, interested on the topics of self-empowerment, mental health and wellbeing in youth work, able to be honest and open with themselves and with the group and to open up their emotions through art and creativity, without judgement.

- **Official Recognition:** the participants get a European certificate, "YOUTHPASS"



Trainer Crew

Laris Guerri

President of Associazione Agrado APS and founder of it in 2000.

Free-lance Trainer in the Erasmus+ Program, Project designer and Project manager.

She is also a professional psychological counsellor (in Transactional Analysis) and applies this method (on communication and relationships) in the training sessions and in facilitating evaluation steps and skill assessment sessions.

Expertise: Non-formal education methods, Emotional management, Creativity, Communication, Transactional Analysis, Feedback.



Rui Guerreiro

Creator of Ironic ArtNation/DAC, an organisation working on art exhibitions and on art as a tool for self-development.

He works in Art Galleries and in artistic projects worldwide. In the last years, he has been working on art as a tool for self-empowerment and as a life-changing experience through attending courses and studying methods and techniques.

He currently works as a free-lance trainer too on topics of creativity, story-telling, self-development and nature activities.





Application Process

The sending organisation is committed to collect all data from each participant and forward them to the coordinator. The sending organisation is responsible for filling in the application form, which will be sent by the coordinator to the sending organisation.

Insurance/Safety Matters

The sending organisations are in charge of taking care that every participant has his/her European Health Insurance Card, which allows her/him to be treated, by a doctor or a hospital in case of an emergency in every European country.

Things to bring...

- Towels
- Shampoo and soap
- Other hygiene and personal products
- Medicine, if needed
- Hair-dryer
- House shoes, if you need some
- Insurance card, which is valid abroad (Please clarify that in your country BEFORE the project)
- Passport

There will be a cultural night – please bring therefore:

- Something from your country (small sweets or something typical for your country)
- You can also prepare something creative (dance, ...)
- If you want to cook a small dish – little portions – and need to buy fresh ingredients you can buy them in the supermarket which is about 10 min from Klaffer. Spices you will find and can use in the kitchen.



General rules and requirements

- [Allergies, diseases, special diets](#) etc. have to be announced before the project.
- Using [the washing machine](#) at the venue: if's possible, please ask the Mühl-fun-viertel team
- [After 23.00](#) all the noise must be reduced to permit the other participants to sleep and rest
- [Smoking](#) in the house and in front of children is forbidden because of the values of the Kinderfreunde. Please use ashtrays while smoking.
- [Attention](#): Neither the hosting organisation nor the house Mühl-fun-viertel itself carries any responsibility for lost/stolen/broken things of yours!
- For the [beverages/snacks](#) from the bar, each participant has to pay by him/herself; taking sth. from the bar, you have to fill in what you've taken in the list on the bar and pay for consumed drinks/snacks before your departure.
- The communal rooms (like the kitchen) and the bedrooms have to be kept clean! Should increased cleaning hours be necessary we will deducted them from the reimbursement.

DEOR

Dissemination and Exploitation of Results

Each partner organisation has to take an active part in the DEOR of this project!

The participating organisations and their teams should work out a strategy plan for the DEOR. This should happen **before** the project gets started.

After the project each organisation has to send a short report of this part. This report can include links to postings on Facebook/Websites/Online Newspapers etc..., everything, what was reported about the project beginning with preparations and ending by evaluations.

All these activities have to be sent by each involved organisation via email to the coordinating organisation!



Travelling to the venue...

Good to know:

- The trip to Klaffer is your responsibility! We provide all necessary information beforehand and support your planning, if needed! Just let us know
- **Before** booking tickets you should check your itinerary with us. Any decision without consulting us will be your responsibility.
- The participants from one country should travel as one group.
- Think about green travel options.
- **Arrival:** Please make sure that you arrive in Linz **before 18:00 o'clock** in Linz. There will be a rented bus at Linz main station which will take all of you to Klaffer.
- **Departure:** Please make sure that your train/bus/flight leaves **after 12:00 o'clock**. You will arrive in Linz main station approx. at 10:15 in the morning. If you leave from Vienna it will take you at least 1.5 hours to get there from Linz.
- There will be a organised bus which brings all participants from Linz to Klaffer and back to Linz. The cost therefore will be deducted from your reimbursement. Please let us know latest one week before the start, if you wan't take the organised bus. Otherwise we have to deduct the price for it in any case.

How to get to Linz?

From Vienna to Linz: if you arrive in Vienna airport you have 2 options:

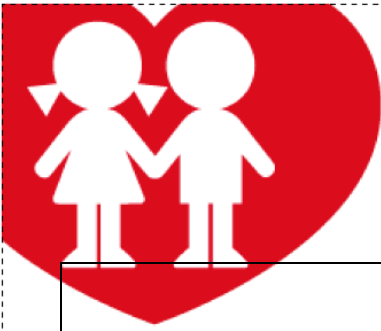
1) Take the train directly from the airport to Linz main station. The train line is called ÖBB. One ticket costs approx. 45€.

<http://fahrplan.oebb.at/bin/query.exe/en?> (timetables)

2) From Vienna airport you take a shuttle bus called "Vienna Airport Lines" to Vienna Westbahnhof (train station). This ticket costs 8€. From there you take the Westbahn (name of the trainline) to Linz. A ticket is approx. 25€.

www.westbahn.at (timetables)

Good to know: If you book tickets online before your travel you may have the chance to get cheaper ones (for both train lines).



Emergency contacts

Stefanie Sandra (Office)	Mo-Do: 08:00-16:00 Fr: 08:00-13:00 stefanie.poemmer@kinderfreunde-ooe.at +43/7237 24 65 23 +43/699 16 88 65 03 sandra.holzer@kinderfreunde-ooe.at +43/7237 24 65 23 +43/699 16 88 65 09
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In case of emergency please contact our trainers:

Laris: +39 347 615 1141

Team Mühl-fun-viertel 16:00-19:00	+43/664 130 70 47
Taxi in Linz (if tram doesn't work)	+43/732 6969
Taxi in Aigen (if you have missed our organized bus to Klaffer)	Mrs. Greiner: +43/664 644 38 07 Mr. Venzl: +43/664 591 41 19



Budget/Travel reimbursement rules

All costs for accommodation, food, materials are fully covered by the funding of the Erasmus+ Programme (only during the stay at the project).

According to the new rules within the Programme Erasmus +, travel costs are reimbursed according to km-distance from the participant's residence city till the venue.

According to this there are the following units for each country:

Maximum travel reimbursement to/from Klaffer according to the distance calculator from Erasmus+: (for distance calculation during the reimbursement process we will take the residence city of a participant till the venue, this amount of km. has to be proved by tickets, invoices etc. and the below mentioned sum will be paid only if this proved distance is as followed)

- [check your distance here:](#)

https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en)

Romania	500 - 1999 km	275€ if green travel 320€
Italy	500 - 1999 km	275€ if green travel 320€
Estonia	500 - 1999 km	275€ if green travel 320€
Greece	500 - 1999 km	275€ if green travel 320€
Spain	2000 - 2999 km	360€ if green travel 410€
Bulgaria	500 - 1999 km	275€ if green travel 320€
Portugal	2000 - 2999 km	360€ if green travel 410€
Austria	100 - 499 km	180€ if Green Travel 210€



Green Travel means to complete the trip by train, bus or car-sharing.

Reimbursement will be according to the real amount spent for tickets, up to the maximum amount per participant listed above.

For Example: Your budget is 275€. You spend 260€ for your tickets, only 260€ will be covered according to your invoices. If you spend 295€ for tickets, only 275€ will be reimbursed.

VERY IMPORTANT:

To receive reimbursement we need **ALL ORIGINAL** invoices, tickets, boarding passes from each participant. Even if your expenses have exceeded the limit. It is important that we have absolutely all tickets which proof your travel from your home town to the venue and back.

The check-list for the reimbursement:

- **Booking confirmations** for flights, **boarding passes** + **Invoice** with the following components: names of passengers, issue date, flight dates, departure/destination, price, issued in ENGLISH!
- Absolutely **all invoices/tickets MUST have an issue date**/purchase date!
- Absolutely **all original tickets bought** (even if you are of the budget) for arrival and departure, beginning from your home country to the venue and then back
- **Bank account of the sending organization**, because the money will be transferred to the sending organization!

In case we don't get these documents, reimbursement is not allowed!!!



Dear organisation, please send ALL travel documents of ALL participants together to the following address:

Grenzlandcamp
Sandra Holzer
Gewerbestraße 7
4222 St. Georgen/Gusen
AUSTRIA

Wish you good luck with your preparations! 😊

Feel free to contact me, if you have any questions!

All the best,
Steffi and Sandra